AQUATICS , FITNESS , AND RECREATIONAL SPORTS

PROGRAMS UPDATE

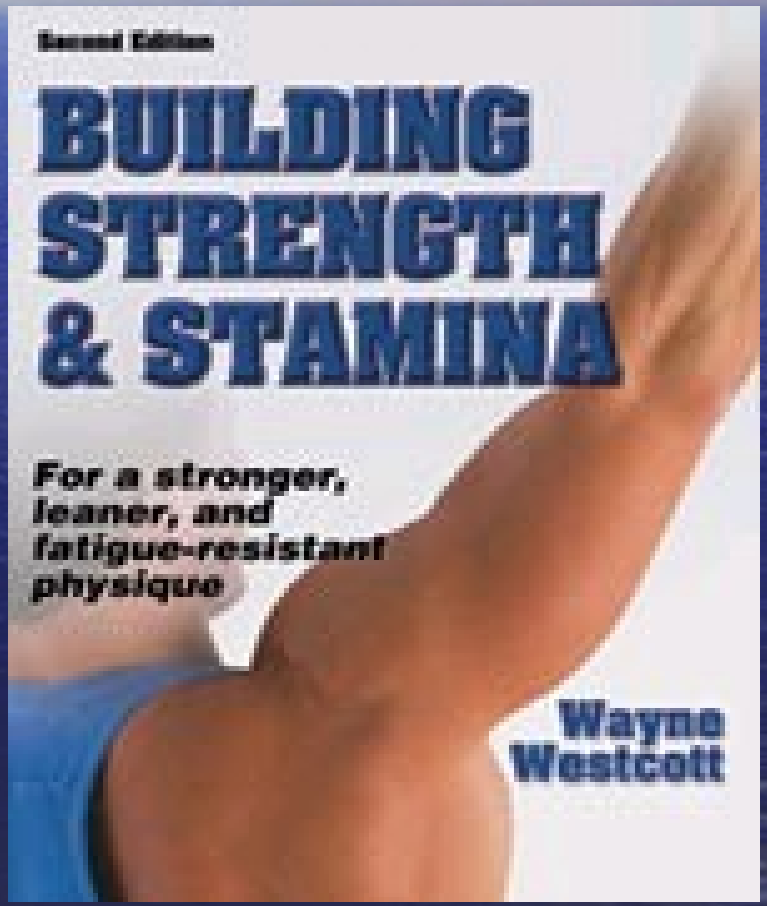
Policy/Resources

- **Navy MWR Instruction BUPERSINST 1710.11C**
  - **Chapter 11 Fitness Programs**
  - **Chapter 15 Aquatic Programs and Facilities.**

- **Navy Fitness Standards**
- **OPNAV 6110.1H (Physical Readiness Program)**
- **MWR Website (mwr.navy.mil - Look under Mission Essential Branch)**

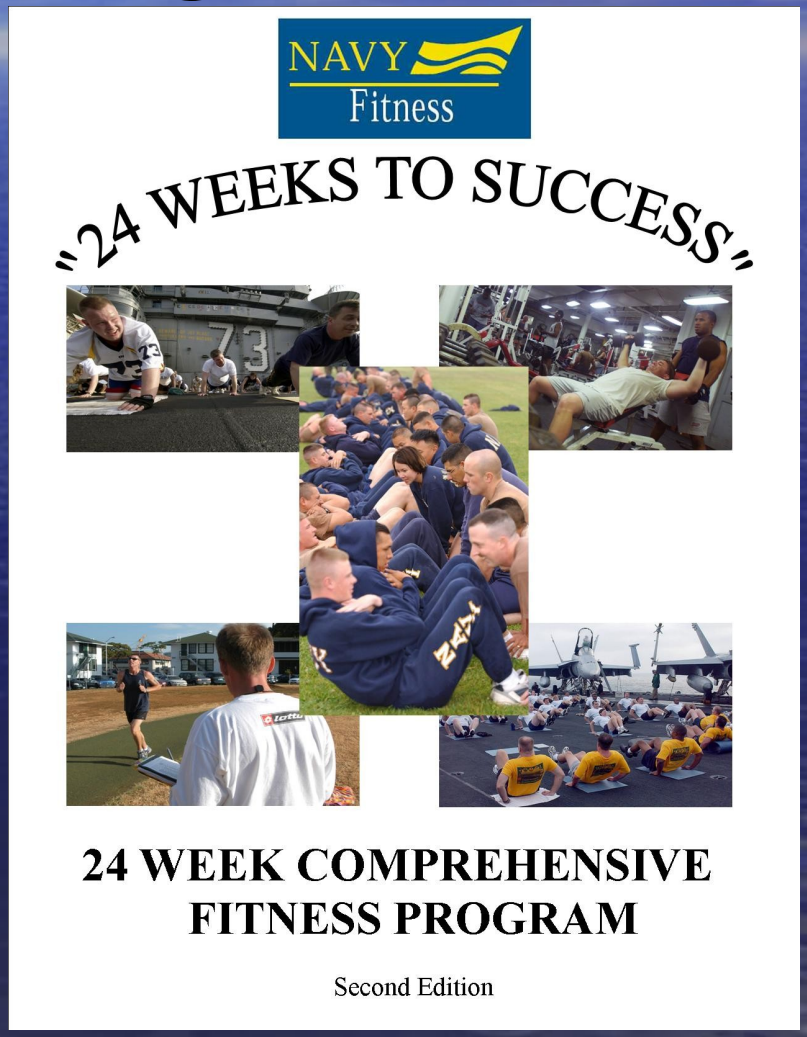
Resources Available From CNI

- **Staff Training Certification**
  - **Self paced staff training certification course**
  - **Once completed staff member will receive Navy Fitness Basic Certification.**
  - **Meets DoD Standards**



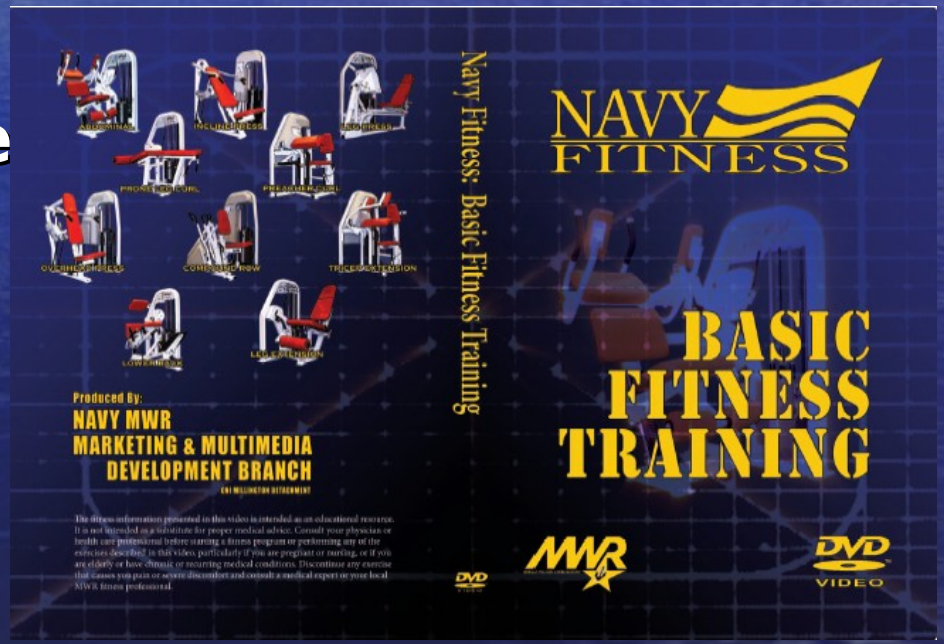
Resources Available From CNI

- 24 Weeks to Success
  - **24 Week Comprehensive Fitness Enhancement Program**
- 24 Weeks and Beyond – Maintenance
  - **16 Week Fitness Maintenance Program**



Resources Available From CNI

- **Basic Fitness DVD**
  - **DVD explaining and demonstrating the following areas:**
  - **General Warm Up and Stretch**
  - **Basic Cardio**
  - **Basic Strength Training**

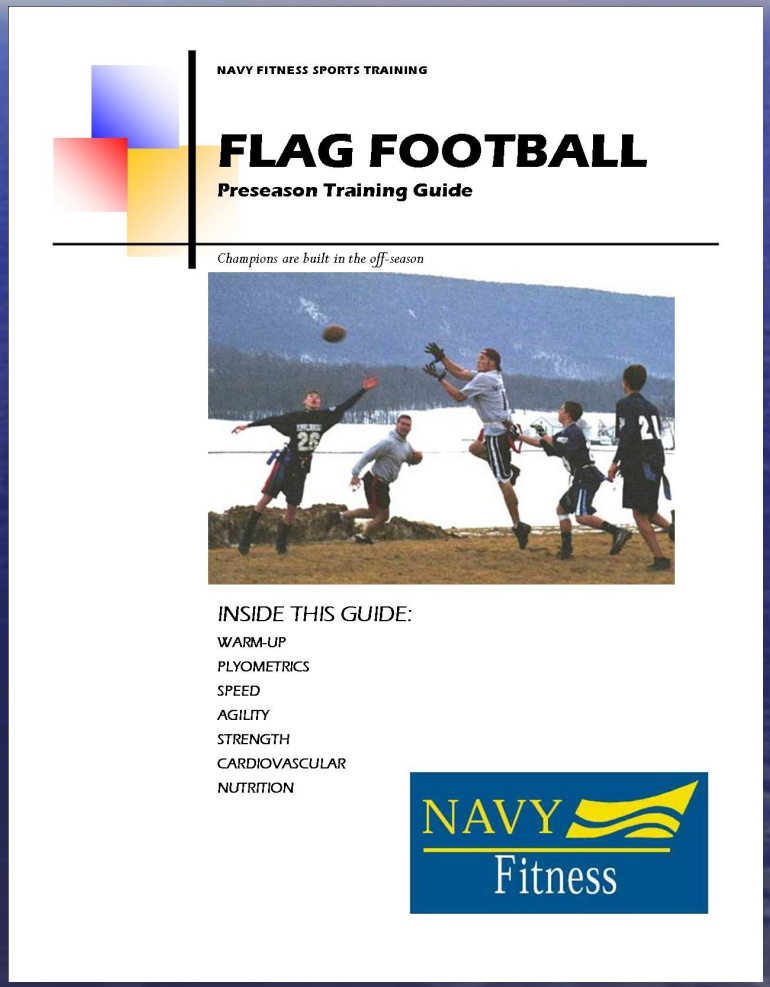


Resources Available From CNI

- Fitness Series Instruction
  - Complete orientation packet for the Sailor or Patron new to your gym
  - Instructs the basics of flexibility, strength, cardiovascular, and nutrition.

Resources Available From CNI

- Sport Training Manuals
  - Comprehensive Pre-Season training manuals for the following sports.
    - Flag Football
    - Softball
    - Basketball
    - Golf



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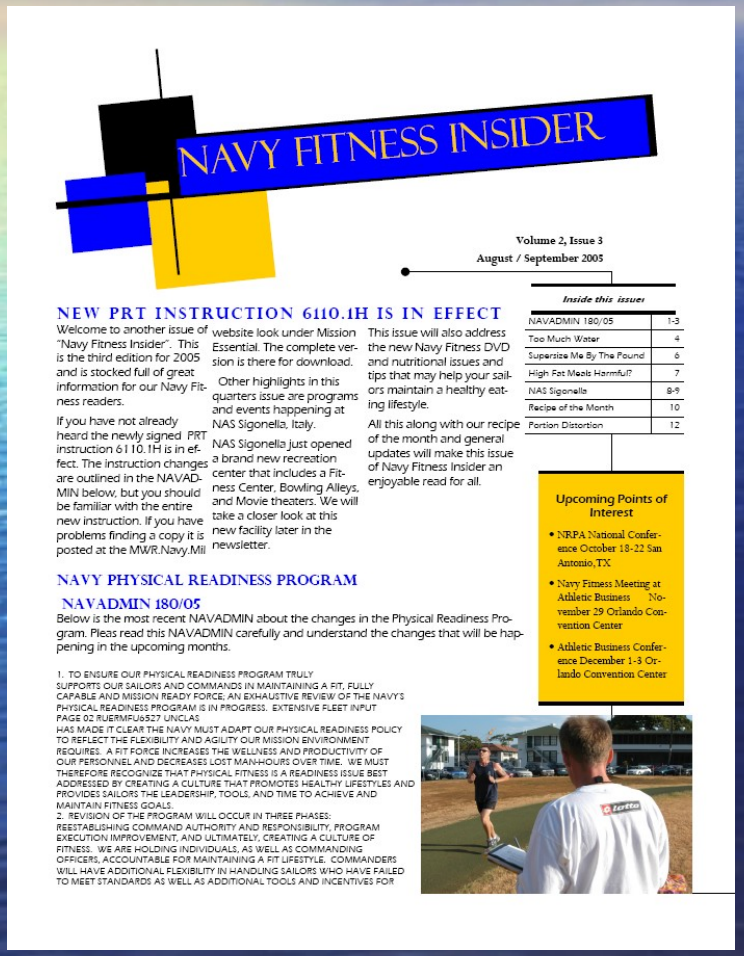

NAVY FITNESS INSIDER

Volume 2, Issue 3
August / September 2005

NEW PRT INSTRUCTION 6110.1H IS IN EFFECT

Welcome to another issue of "Navy Fitness Insider". This is the third edition for 2005 and is stocked full of great information for our Navy Fitness readers.

If you have not already heard the newly signed PRT instruction 6110.1H is in effect. The instruction changes are outlined in the NAVADMIN below, but you should be familiar with the entire new instruction. If you have problems finding a copy it is posted at the MWR.Navy.Mil website look under Mission Essential. The complete version is there for download.

Other highlights in this quarters issue are programs and events happening at NAS Sigonella, Italy.

NAS Sigonella just opened a brand new recreation center that includes a Fitness Center, Bowling Alleys, and Movie theaters. We will take a closer look at this new facility later in the newsletter.

This issue will also address the new Navy Fitness DVD and nutritional issues and tips that may help your sailors maintain a healthy eating lifestyle.

All this along with our recipe of the month and general updates will make this issue of Navy Fitness Insider an enjoyable read for all.

Inside this issue:

NAVADMIN 180/05	1-3
Too Much Water	4
Supersize Me By The Pound	6
High Fat Meals Harmful?	7
NAS Sigonella	8-9
Recipe of the Month	10
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Upcoming Points of Interest

- NRPA National Conference October 18-22 San Antonio, TX
- Navy Fitness Meeting at Athletic Business November 29 Orlando Convention Center
- Athletic Business Conference December 1-3 Orlando Convention Center

NAVY PHYSICAL READINESS PROGRAM

NAVADMIN 180/05

Below is the most recent NAVADMIN about the changes in the Physical Readiness Program. Pleas read this NAVADMIN carefully and understand the changes that will be happening in the upcoming months.

1. TO ENSURE OUR PHYSICAL READINESS PROGRAM TRULY SUPPORTS OUR SAILORS AND COMMANDS IN MAINTAINING A FIT, FULLY CAPABLE AND MISSION READY FORCE, AN EXHAUSTIVE REVIEW OF THE NAVY'S PHYSICAL READINESS PROGRAM IS IN PROGRESS. EXTENSIVE FLEET INPUT
PAGE 02 RUERMFU6527 UNCLAS
HAS MADE IT CLEAR THE NAVY MUST ADAPT OUR PHYSICAL READINESS POLICY TO REFLECT THE FLEXIBILITY AND AGILITY OUR MISSION ENVIRONMENT REQUIRES. A FIT FORCE INCREASES THE WELLNESS AND PRODUCTIVITY OF OUR PERSONNEL AND DECREASES LOST MAN-HOURS OVER TIME. WE MUST THEREFORE RECOGNIZE THAT PHYSICAL FITNESS IS A READINESS ISSUE BEST ADDRESSED BY CREATING A CULTURE THAT PROMOTES HEALTHY LIFESTYLES AND PROVIDES SAILORS THE LEADERSHIP, TOOLS, AND TIME TO ACHIEVE AND MAINTAIN FITNESS GOALS.
2. REVISION OF THE PROGRAM WILL OCCUR IN THREE PHASES: REESTABLISHING COMMAND AUTHORITY AND RESPONSIBILITY, PROGRAM EXECUTION IMPROVEMENT, AND ULTIMATELY, CREATING A CULTURE OF FITNESS. WE ARE HOLDING INDIVIDUALS, AS WELL AS COMMANDING OFFICERS, ACCOUNTABLE FOR MAINTAINING A FIT LIFESTYLE. COMMANDERS WILL HAVE ADDITIONAL FLEXIBILITY IN HANDLING SAILORS WHO HAVE FAILED TO MEET STANDARDS AS WELL AS ADDITIONAL TOOLS AND INCENTIVES FOR

- Navy Fitness Insider

  -Quarterly Newsletter giving updates on Navy Fitness and other fitness related topics.

Fitness Training

- FY-05
  - 2 Basic Fitness Classes
  - 4 Advanced Fitness Training Classes
  - 5 Sport Training Classes
  - 3 Field Maintenance Trainings

Fitness Training

- FY-06
  - 11 Fitness Classes
    - Basic Fitness
    - Advanced Fitness
    - Sport Training
  - 3 Field Maintenance Seminars

Fitness Training

- Presently looking for host bases for fitness training classes for FY06.

- Contact Marc Meeker if you are interested in being a host for a Navy Fitness Training.

Fitness Equipment

- FY-06
- Must maintain present fitness equipment and budget for replacement at the regional / base level
- Service seminars can be arranged through vendors to teach proper equipment maintenance and repair.

Fitness Equipment

- AED’s

- If you presently have an AED are you checking it periodically to make sure it is functional?
- If you do not have one, have you budgeted for one?
- Batteries in these units do wear out from lack of use.
- Have your local medical or fire department check your AED in accordance with the users manual.
- Do not need a surprise when an AED is needed in an emergency.

Fitness Equipment

- Lockers

- Do you currently charge for locker use?

- What percentage of your lockers do you have for rental and daily use?

- Should have more daily lockers than rentals.

Regional Running Teams

- No supplemental funding available for FY06.
- Uniform support still available.

Americas Kids Run

- Kids run will be funded in FY06.
- Announcement letters will be coming out in December.
- Deadline to register will be late January.

FY-06 Objectives

- CFL instructor course at CNI-Millington Detachment
- Quarterly CFL FEP instructor classes at regional / base level
- 24 Weeks and Beyond –Advanced Training
- Free Weight Instructional Training DVD

FY-06 Objectives

- Confined Space Exercising Manual
- Sports Training Manuals - (Volleyball, Soccer, Running)
- Navy Fitness Basic Staff Certification 100% Compliance
- Youth Fitness Training Course

QUESTIONS?